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Seated Spinal Twist (Ardha Matsyendrasana)

Vamaste

Supine Spinal Twist (Supta Matsyendrasana)

Simple Chair Twist

Revolved Triangle Pose (Parivrtta Trikonasana)

Revolved Side Angle Pose (Parivrtta Parsvakonasana)

Revolved Half Moon Pose (Parivrtta Ardha Chandrasana)

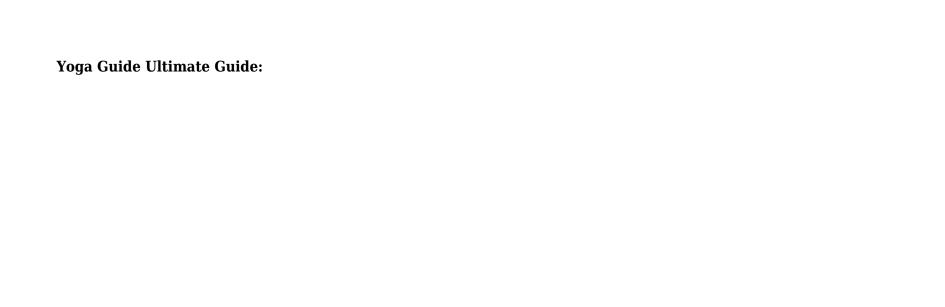
Eka Pada Koundinyasana (Pose Dedicated to Sage Koundinya I)

Revolved Hand-to-Big-Toe Pose (Parivrtta Hasta Padangusthasana)

> Revolved Bound Side Angle Pose (Baddha Parivrtta Parsvakonasana)

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Ekaterina Nastia



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